

Exercise of the Month



Laying Down Towel Lat Pulldown

Purpose: To increase overall strength of the upper posterior body. Mainly targeting the lat muscles also act as very powerful spinal stabilizers for posture.

Target Muscles: Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Erector Spinae

Equipment Needed: Towel or Resistance Band

Start/Movement:

- With a towel, lie face down on the ground. Grip the towel with both hands slightly wider than shoulder width apart.
- Make sure both hands have a good grip on the towel.
- Arms should be fully extended in front of you, slowly lift your torso off the ground. Contract the muscles in your upper back to maintain full control throughout the movement.
- Bring the towel down until it lightly grazes your chest, brace your core throughout the movement.
- As you pull, push your elbows down towards your midsection and squeeze your shoulder blades. This will increase involvement from the lats.
- Slowly return your hands to the starting position.
- Perform the exercise for 3 sets of 8-12 reps.

Tips:

- Be mindful not to raise your torso too far off the ground and avoid hyperextending in the low back.
- Remember to leave your lower body on the ground at all times during this exercise

